

Nutritional Health in Sports

Nutritional health is very important. The nutrients that we take in are practically the reasons why we are healthy or why we are not. It could also be a grid to determine if we can eventually become sports superstars or not. Nutritional health may be the main reason why you are tall, strong and have the skills to be good in sports. This is also vital for having a strong mind and a healthy body because of the fact that these nutrients fuel almost all bodily functions.

In reality, many people fail to achieve a high level of nutritional health. Some reasons why they are not adequately nourished is because of their lack of information. Some people do not even know that what they are eating is bad for them. Some food also lack nutritional facts that they should have on their labels. And some just do not care at all.

People also have this misconception that what is tasty is good for your health. It is really hard to resist unhealthy food because of their availability on the market. Media also advertise more on unhealthy junk foods rather than healthy ones. Unhealthy food may be a reason for us to be fat. If you want to keep healthy, you must first get rid of unwanted fats and be fit as possible.

Some athletes also have low nutritional levels because of certain factors. One is poor understanding of sports nutrition principles. They think that eating many will make the healthy.

Nutritional requirements also differ among people depending on their training program and personal characteristics like age, sex and body type. Their failure to recognize these may also cause malnourishment as they may take too much or less of their nutrients required.

Some athletes also diet too much compromising their nutritional needs. Their lack of knowledge on nutritional facts also contributes to it. Their lack of time and opportunity to eat and the tendency to skip meals is also one reason. Overeating is also a factor of malnourishment because you might eat and take in a lot of fats and unwanted chemicals that may be unhealthy.

The sports nutritional health can be broken down into the foundation of what food is basically made of namely proteins, carbohydrates and fats. We should get optimum amounts of these types for more energy and more muscle gains. You can only lose more than one pound of fat per week if you exercise properly and eat the right food instead of starving yourself. Starving will only bring you malnourishment.

If you are losing fat quickly by starving yourself, over dieting and doing too much exercise, you may be at a risk of slowing down your metabolism and your body might start using the glucose found in your muscles as a source for energy. That is why losing weight bit by bit for a long period of time instead of losing weight quickly is much more preferable.

There are toxins found in our fatty tissues and when we loose fat, these toxins are released back into our body. Losing too much fat in a short period of time means that you are releasing more amounts of toxins into the body causing us to be sick.

On your diet, try to avoid eating food with too much saturated fat because they are bad fats and will make you gain more weight. What you should do is to ingest unsaturated fats of the good fat because it will help you lose weight.

By eating good oils like deep-water fish oil, flax seed oil and linseed oils, you are actually aiding yourself as it rids your body of fatty deposits helping you lose more fat. This weight loss program actually takes a lot of time so only take measurements every two months to give you a better look on how your are progressing on keeping fit and sexy and how much fat you are actually losing.

I discourage you on taking those commercial diets because they will only set you up for failure and disappointment. These diets make you lose fat so quickly that when you try to start eating again more than you did while on diet, you will gain weight very fast. You should look for a way to lose weight in a slow and realistic rate.

Here are some tips: First is to stay away from white sugar and all other natural sweetener. You should also stay away from simple sugars and take in slowly digested complex carbohydrates. Eat food high in fiber in order to detoxify. And lastly, exercise. The right combination of exercise and nutrients will give you a high level of sports nutritional health.

Source: <http://www.articlecircle.com>

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